

**Guide to Town Senior
Services**

Senior Activities Center

Wendy Petty
Director

Pam Wilson
Program Coordinator
203- 222-2608

Social Services

Charlene Chiang-Hillman
Director

Suzanne Friedman
Administrative Asst.
203-222-2663

Town Hall

Tom Landry
Town Administrator
Judy Devito
Selectman's Secretary
203-222-2656

Dial-A-Ride

Gordon Green
(24 Hr Notice Required)
203-222-2576

Drop-In Activities

Monday

Knitting/Crafts 10-12
Dance Class 11:00(N)
Pickleball 12pm

Tuesday

Beads 10-12
Tai Chi 9:30
Strength & Fitness 11-12
Poker 12:00 –2

Wednesday

Yoga 10-11
Lunch @ Norfield Church

Thursday

Tai Chi 9:15
Bridge 10:30
Wii Bowling 10-11:30
Strength & Fitness 11-12
Canasta 12
Movies 12:00—2
Pickleball 12:30

Friday

Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at
Norfield at 12 noon**

**WESTON SENIOR
ACTIVITIES CENTER**

March/April 2014



Greetings everyone!

We are so happy to know that spring is on the way. What a winter we have had this year! We have some very exciting new programs coming to the Senior Center and we hope you will join us.

There is a special bus trip planned on April 24th to Roosevelt's Mansion and Library at Hyde Park, co-sponsored by the "Friends" . See details on page 7. We also have an incredible presentation and lunch given by Author Donald Brown of *The Morphine Dream*. See his inspiring story on page 7.

We have moved Sandy's Strength and Fitness classes on Tuesdays and Thursdays to the Senior Center Gym. Parking is still a little tight, but hang in there a few more months and we will have additional parking allocated to us!

Please visit our library. We have many great books to borrow, including a whole new selection of knitting books.

Remember to bring us your new unused gifts throughout the year. We are always collecting for our annual holiday sale in December. This past year we raised about \$1,000, thanks to all of you, so keep them coming!

Wendy and Pam

Donations have been made to the
Senior Center in Memory of:

Hope and Bob Turner-in memory of Julia Studwell
Meta Schroeter in memory of Julia Studwell
Nancy Coley in memory of Julia Studwell
Robert and Susan Lipka in memory of Ying Chiang
Dorothy Thompson in memory of Ying Chiang



Painting Class with Keith Brooks



“Art with Friends”

3/3, 3/10, 3/17, 3/31, 4/7, 4/21, 4/28

1:00-3:00pm at the Weston Senior Center

All levels are welcome, come and join fellow artists.

\$30.00 for series or 7 or \$5.00 drop in.

Call for more details and to sign up!

Art Show in March

Margaret (Meg) Brooks will display her work during the month of March at the Senior Center. Come and see her magnificent sculptures.

Margaret (Meg) Brooks has been a sculptor and painter most of her life. She worked with and was mentored by Stanley Bleifeld, who sculpted the Lone Sailor monument in Washington D.C., and Michael Keropian, sculptor of the famous tigers in the Detroit Tigers' Stadium.

Meg is interested in Africa and paints and sculpts its varied people and animals. Although her sculpture is representational, she likes to simplify her paintings and emphasize color and graphic forms. She has shown her work at the Handwright Gallery in New Canaan, and Picture This Gallery in Westport. She has been in many regional shows such as “Spectrum” in New Canaan, and “Art in the House,” in Easton. She lives in Weston and is treasurer of the Weston Commission for the Arts. Meg holds a Ph.D. degree in chemistry and recently retired from Brooks Environmental Consulting LLC – a company she owns jointly with her husband, Keith, and three other managers.



Thursday, March 20th

11:30am-1:00pm
Brain Games and Lunch

Come and play some brain stimulating games with us and have lunch. This is a fun way to get together with friends, eat lunch and challenge yourself!

Free, sign up required (203) 222-2608



St. Patrick's Day Potluck At the Weston Senior Center

Monday, March 17th 12pm-1pm
Sign up required!

Cost: Bring a dish (sign up with Pam and let her know what you can bring, or have her assign you something.)

Bring a Friend to Lunch

Wednesday, March 26th—Noon

Lunch will be held at Norfield Church and hosted by Newcomers and Neighbors.



Entertainment by Chris Coogan!!

The cost is \$4.00 for you and free for your friend! Must RSVP if you are bringing a friend by 3/20.

Exercise Classes!

Dance to the Music with Sandy

Mondays @ 11:00 am (55+ welcome)

\$3/class drop in (Norfield Parish Hall)

Pickleball

Mondays @ 12:15pm at the Senior Center—drop in (free)

Strength & Fitness with Sandy

Tuesdays & Thursdays @ 11 am

\$3/class drop in Moved to Senior Center Gym

Tai Chi for Better Balance with Bill Wren

Thursday's 9:15am—sign up required. (Senior Center)

Tai Chi with Mari Lewis

Tuesday's 9:30am—sign up required. (Senior Center)

Wii Bowling with Anne

Thursdays @ 10 am

Free (Senior Center)

Yoga with Melanie

Fridays @ 9 am

\$3/class—drop in (Norfield Chapel)

Gentle Yoga with Joy

Wednesdays @ 10 am

\$3/class—drop in (Senior Center South)

Pilates with Andrea Silver (see bio page 6))

Wednesdays @ 11am

\$35 for 7 class series

Sign up required. (Senior Center Gym)

Pilates is a way of exercising that positively impacts both body and mind. Andrea is passionate about helping people experience the thrill of being strong, flexible and balanced. She tailors workouts for the individual and is dedicated to inspiring her students to lead a healthy, active and fulfilling life, no matter what age they are.

Interested in Tennis lessons? Private or Group? See

Movies 12:00pm on Thursdays.
Free with popcorn
Sign Up Required, Space Is Limited
(203) 222-2608



3/6 Blue Jasmine PG-13 98 minutes - After everything in her life falls to pieces, including her marriage to wealthy businessman Hal (Alec Baldwin), elegant New York socialite Jasmine (Cate Blanchett) moves into her sister Ginger's (Sally Hawkins) modest apartment in San Francisco to try to pull herself back together again.

3/13 The Butler PG-13 126 minutes - 'Lee Daniels' The Butler' tells the story of a White House butler who served eight American presidents over three decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man's life and family.

3/20 Gravity PG-13 90 minutes- Dr. Ryan Stone (Sandra Bullock) is a brilliant medical engineer on her first shuttle mission, with veteran astronaut Matt Kowalsky (George Clooney). But on a seemingly routine spacewalk, disaster strikes. The shuttle is destroyed, leaving Stone and Kowalsky completely alone-tethered to nothing but each other and spiraling out into the blackness.

3/27 All is Lost; PG-13 106 minutes: Academy Award winner Robert Redford stars in 'All Is Lost', an open-water thriller about one man's battle for survival against the elements after his sailboat is destroyed at sea. Written and directed by Academy Award nominee J.C. Chandor ('Margin Call') with a musical score by Alex Ebert (Edward Sharpe and the Magnetic Zeros), the film is a gripping, visceral and powerfully moving tribute to ingenuity and resilience.

4/3 Best in Show PG-13 90 minutes -After parodying the idiosyncrasies of community theater devotees in the mock documentary Waiting for Guffman, actor/director Christopher Guest returns with another semi-improvised comedy that casts a satirical gaze on the world of championship dog breeding and training. A television crew is on hand to document the prestigious Mayflower Kennel Club Dog Show, and competition is fierce among the canine devotees vying for top honors. .

4/10 American Hustle – R- 129 minutes: A fictional film set in the alluring world of one of the most stunning scandals to rock our nation, 'American Hustle' tells the story of brilliant con man Irving Rosenfeld (Christian Bale), who along with his equally cunning and seductive British partner Sydney Prosser (Amy Adams) is forced to work for a

Health and Wellness

Wednesday, March 5th at 12:45 at Norfield following lunch:

Stroke Prevention

Hosted by Brookdale Place

They will give a brief presentation on Stroke prevention and recovery.



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Monday, March 10th 9:30am Senior Center  
 Demonstration and presentation on

### Feldenkrais Techniques

For easier, more efficient movement  
 Lessons to teach you how to get up off the floor safely and confidently.

Mondays March 17th, 24th, and 31st  
 11am--12pm Senior Center

**Feldenkrais Workshops \$5.00 per class—see above for description.**

Sign up required.

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Tuesday, March 25th at 10:30am and
 Tuesday, April 29th at the Senior Center
 Parker Ear Nose and Throat will visit to:

Hearing Solutions

Check and clean hearing aids
 Assess Hearing loss
 Examine ears and advise on wax removal
 Educate about hearing loss.
 Sign up Required.

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Tuesday, April 8th 1:00-2:00pm  
**Healthy Bones, Healthy Life**

A 40 minute introduction talk covering the basics of osteoporosis and bone health given by Andrea Silver from American Bone Health at the Senior center  
 Sign up required

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Tuesday, April 22nd at 12noon
 At the Senior Center

Healthy Eating to Help Prevent Diabetes
Sponsored by RVNA and the Friends of the Weston Senior Activities Center



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### Tax Assistance

Mark Spivak returns to  
 The Weston Senior Center

Monday, March 10th  
 9am-1pm  
 Free, By appointment only.  
 Sign up required  
 (203) 222-2608



### Safe Driving Course

At the Weston Senior Center  
 Tuesday, April 8th 9am-1pm  
 Many insurance companies offer a discount on auto insurance upon completion.  
 \$12.00 AARP members, \$14.00 non-members.  
 Sign up required (203)222-2608



### Black Cat Grill Georgetown

Tuesday, March 11th  
 Depart Norfield at 11:45am or meet us at the restaurant at noon. Sign up required for both bus and reservation.  
 (203) 222-2608

# March 2014

Mon

Tue

Wed

Thu

Fri

|                                                                                                                                                                                                                 |                                                                                                                                                                     |                                                                                                                                                                        |                                                                                                                                                                                                     |              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 3                                                                                                                                                                                                               | 4                                                                                                                                                                   | 5                                                                                                                                                                      | 6                                                                                                                                                                                                   | 7            |
| 9:15am Commission Mtg<br>10am Knitting<br>11am Dancing<br>11am Medicare<br>12:15pm Pickleball<br>1:00pm Art with Friends                                                                                        | 9:30am Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>12 Poker w/Stella                                                                              | 10am Yoga<br>12 Lunch at Norfield<br>Hosted by<br>Norfield – Bingo<br><i>Stroke Prevention Presented by Brookdale Place</i>                                            | 9:15am Tai Chi<br>10am Wii Bowling<br>11 Strength & Fitness<br>12pm Movie<br><i>Blue Jasmine</i><br>12:30pm Pickleball                                                                              | 9am Yoga (N) |
| 10                                                                                                                                                                                                              | 11                                                                                                                                                                  | 12                                                                                                                                                                     | 13                                                                                                                                                                                                  | 14           |
| 9:30am Feldenkrais demo<br>10am Knitting<br>10am AARP Tax Appt<br>Sign up required<br>11am Current Events<br>11am Dancing<br>12:15pm Pickleball<br>1:00pm Art with Friends                                      | 9:30am Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>11:45am Black Cat Grill<br>lunch outing depart<br>Norfield, sign up req.<br>12 Poker w/Richard | 10am Yoga<br>11am Pilates<br>12 Lunch at Norfield<br>Hosted by<br>St. Francis<br>St. Patrick's Dinner<br>Corned Beef Cabbage<br><i>Entertainment by Geoff Kauffman</i> | 9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11 Strength & Fitness<br>12 Movie<br><i>The Butler</i><br>12 Canasta<br>12:30pm Pickleball                                                  | 9am Yoga (N) |
| 17                                                                                                                                                                                                              | 18                                                                                                                                                                  | 19                                                                                                                                                                     | 20                                                                                                                                                                                                  | 21           |
| 10am Knitting<br>11am Dancing<br>11am Feldenkrais<br>12:15pm Pickleball<br>12pm Irish Potluck<br>1:00pm Art with Friends<br> | 9:30am Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>12pm Poker w/Stella                                                                            | 10am Yoga<br>11am Pilates<br>12 Lunch at Norfield<br>Hosted by Emmanuel<br>Entertainment by<br>Billy Michael                                                           | 9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11 Strength & Fitness<br>11:30 Brain Games Lunch<br>12 movie<br><i>Gravity</i><br>12 Canasta<br>12:30pm Pickleball                          | 9am Yoga (N) |
| 24                                                                                                                                                                                                              | 25                                                                                                                                                                  | 26                                                                                                                                                                     | 27                                                                                                                                                                                                  | 28           |
| 10am Knitting<br>11am Dancing<br>11am Feldenkrais<br>11am Medicare<br>12:15pm Pickleball<br>12pm <i>Morphine Dream</i> –<br>sign up required                                                                    | 9:30am Tai Chi<br>10am Beading on own<br>10:30am Hearing Assess-<br>ments -sign up req.<br>11 Strength & Fitness<br>12 Poker w/Richard                              | 10am Yoga<br>11am Pilates<br>12 Lunch at Norfield<br>Hosted by Newcomers<br>and Neighbors<br>Entertainment by Chris<br>Coogan<br><i>Bring a Friend today</i>           | 9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11 Strength & Fitness<br>11am Cooking Demon-<br>stration, sign up req.<br>12 Canasta<br>12pm Movie <i>All Is Lost</i><br>12:30pm Pickleball | 9am Yoga (N) |
| 31                                                                                                                                                                                                              |                                                                                                                                                                     |                                                                                                                                                                        |                                                                                                                                                                                                     |              |
| 10am Knitting<br>11am Dancing<br>11am Feldenkrais<br>12:15pm Pickleball<br>1:00pm Art with Friends                                                                                                              |                                                                                                                                                                     |                                                                                                                                                                        |                                                                                                                                                                                                     |              |



# April 2014

Mon

Tue

Wed

Thu

Fri

|                                                                                                                                                    |                                                                                                                                                                                  |                                                                                                                                                           |                                                                                                                                                                                 |                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                    | 1                                                                                                                                                                                | 2                                                                                                                                                         | 3                                                                                                                                                                               | 4                                                                                                                                       |
|                                                                                                                                                    | 9:30am Tai Chi<br>10am Beading with Carla<br>10:30am Pez Trip – sign up required.<br>11 Strength & Fitness<br>12 Poker W/Stella                                                  | 10am Yoga<br>11am Pilates<br>12pm Lunch at Norfield<br>Hosted by Norfield<br><i>Bingo</i>                                                                 | 9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11amStrength & Fitness<br>12 Movie<br><i>Best in Show</i><br>12pm Canasta<br>12:30pm Pickleball                         | 9am Yoga (N)                                                                                                                            |
| 7                                                                                                                                                  | 8                                                                                                                                                                                | 9                                                                                                                                                         | 10                                                                                                                                                                              | 11                                                                                                                                      |
| 9:15 Commission meeting<br>10am Knitting<br>11am Dancing (N)<br>11am Medicare<br>11am Current Events<br>12:15pm Pickleball<br>1pm Art with Friends | 9am AARP Safe Driving<br>Sign up req.<br>9:30am Tai Chi<br>10am Beading with Carla<br>11 Strength & Fitness<br>12 Poker W/Richard<br>1pm Bone Density talk<br>Sign up required   | 10am Yoga<br>11am Pilates<br>12pm Lunch at Norfield<br>Hosted by St. Francis<br><i>Entertainment by John Kuhnner</i>                                      | 9:15am Tai Chi<br>10am Wii Bowling<br>10:30 Bridge<br>11amStrength & Fitness<br>12pm Movie<br><i>American Hustle</i><br>12 Canasta<br>12:30pm Pickleball                        | 9am Yoga (N)                                                                                                                            |
| 14                                                                                                                                                 | 15                                                                                                                                                                               | 16                                                                                                                                                        | 17                                                                                                                                                                              | 18                                                                                                                                      |
| Senior Center Closed                                                                                                                               | Senior Center Closed                                                                                                                                                             | Senior Center Closed                                                                                                                                      | Senior Center Closed                                                                                                                                                            | Senior Center Closed<br>Happy Easter on Sunday<br> |
| 21                                                                                                                                                 | 22                                                                                                                                                                               | 23                                                                                                                                                        | 24                                                                                                                                                                              | 25                                                                                                                                      |
| 10am Knitting<br>11am Dancing (N)<br>11am Medicare<br>12:15pm Pickleball<br>1pm Art with Friends                                                   | 9:30am Tai Chi<br>10am Beading with Carla<br>11 Strength & Fitness<br>12 Poker W/Richard<br>12pm Lunch and Learn<br>Healthy Eating to Help Prevent Diabetes<br>Sponsored by RVNA | 10am Yoga<br>11am Pilates<br>12pm Lunch at Norfield<br>Hosted by Newcomers and Neighbors<br>Serving Glazed Ham<br><i>Entertainment by The Magic Genie</i> | 9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11amStrength & Fitness<br>12pm Canasta<br>~~~~~<br><b>8:15am Roosevelt Mansion and Library Tour – sign up required.</b> | 9am Yoga (N)                                                                                                                            |
| 28                                                                                                                                                 | 29                                                                                                                                                                               | 30                                                                                                                                                        |                                                                                                                                                                                 |                                                                                                                                         |
| 10am Knitting<br>11am Dancing (N)<br>12:15pm Pickleball<br>1pm Art with Friends                                                                    | 9:30am Tai Chi<br>10am Beading with Carla<br>10:30am Hearing Assessments sign up required<br>11 Strength & Fitness<br>12 Poker W/Richard                                         | 10am Yoga<br>11an Pilates<br>12pm Lunch at Norfield<br>Hosted by Women's League<br><b>Cinco de Mayo Celebration</b>                                       |                                                                                                                                                                                 |                                                                                                                                         |

## Medicare Savings Programs

The Medicare Savings Programs, available through State of Connecticut, Department of Social Services (DSS) could pay your Medicare Part B monthly premium of \$104.90. This can save a Medicare beneficiary \$1,258 a year.

Assets are not counted.

There are three levels of the program Your gross income determines the category for which you qualify. All three levels pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare covered services. Income limits per month are below.

QMB \$2,053.03 for a single person and \$2,766.21 for a couple  
SLMB \$2,247.63 for a single person and \$3,028.41 for a couple  
ALMB \$2,393.58 for a single person and \$3,225.06 for a couple

Once on MSP you will automatically be eligible for The Low Income Subsidy (LIS), which is an extra benefit from Medicare to assist with Medicare Prescription Drug Coverage (Part D). Extra Help will:

Help pay Medicare Part D monthly premium  
Eliminate Medicare Part D yearly deductible  
Reduce Medicare Part D drug co-pays (\$2.55 generic/\$6.35 brand)  
Plus never hit the donut hole as long as you qualify for this program

**Have any questions on how to apply or need an application, call:**

**The CHOICES Program 1 - 800 - 994 - 9422**  
**Administered by The Southwestern CT Agency on Aging (SWCAA)**

Want to discuss Medicare selection issues? Half hour appointments are available from 11:00 – 1:00 twice a month on the first and third Mondays of each month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS. See you at the center!**

Meta Schroeter

## Weston Library

|          |         |                                                                          |
|----------|---------|--------------------------------------------------------------------------|
| March 9  | 3PM     | A Visit With Benjamin Franklin: An Historical Impersonation              |
| March 11 | 11:45AM | New Yorker Roundtable                                                    |
| March 12 | 7:30PM  | Book Group: Where'd You Go Bernadette by Semple                          |
| March 13 | 10:30AM | Book Group: End Of Your Life Book Club by Schwalbe                       |
| March 18 | 11:45AM | New Yorker Roundtable                                                    |
| March 19 | 12:00PM | Lunch And Learn:<br>Professional Organizer, Larry Russick                |
| March 19 | 7PM     | Movie Night: Gravity                                                     |
| March 25 | 11:45AM | New Yorker Roundtable                                                    |
| April 8  | 11:45AM | New Yorker Roundtable                                                    |
| April 10 | 10:30AM | Book Group: Hateship, Friendship, Courtship, Loveship, Marriage by Munro |
| April 16 | 7PM     | Movie Night: 12 Years a Slave (R)                                        |
| April 16 | 7:30PM  | Book Group:<br>Song of Solomon by Morrison                               |
| April 22 | 11:45AM | New Yorker Roundtable                                                    |
| April 29 | 11:45AM | New Yorker Roundtable                                                    |

## Commission Meetings 9:15am March 3rd and April 7th

### Board Members:

Helen de Keijzer, Chair  
Peggy Anderson  
Bruce Lorentzen  
Nina Daniel  
Laura Smits  
Donald Gumaer  
Margarita Garces-Shapiro

## SCAM Alerts –Top 10 Scams Targeting Seniors

Just say no and call the local police to inform them of the attempt to bilk you out of your personal information / money!!

Health/Medicare/Insurance Fraud  
Counterfeit Prescription Drugs  
Funeral & Cemetery Scams  
Fraudulent Anti-Aging Products  
Telemarketing – Fake accident, Charity Scam, etc  
Internet Fraud – asking update of personal info  
Investment Schemes  
Homeowner/Reverse Mortgage scams  
Sweepstakes & Lottery Scams  
The Grandparent Scam

NEW NEW NEW!!

## Pilates Mat Class



Wednesdays, 11am at the Senior Center

With Andrea Silver  
7 Class series \$35.00  
Beginning March 12th  
Sign up Required (203) 222-2608.

### Andrea's Bio:

Andrea completed her apparatus and mat certification through Half Moon/The Fitness Guru. Her focus is on back care and osteoporosis in the aging Baby Boomer.



## **The Friends of the Weston Senior Activities Center**

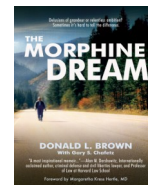
*The Friends is pleased to co-sponsor the following upcoming events. Please join us!!*

### **Author Visit**

**Donald L. Brown—The Morphine Dream**

**Monday, March 24th at 12pm at the Weston Senior Center**

**Light lunch includes, sign up required by March 20th (203) 222-2608.**



Donald Brown, a classmate of both Barack and Michelle Obama at Harvard Law, chronicles his life starting at age 13 when his father's suicide spun his family into chaos. He found himself swirling in a sea of uncertainty. He rebelled, was labeled a "loser," dropped out of high school, and put a promising baseball career on hold to join the Marines. A bizarre accident put his plans out of reach so he settled for a factory job where an industrial accident crushed his knee and left him wheelchair-bound. Doctors told him he'd never walk again. Then, his marriage failed. Brown felt utterly defeated. But while on morphine for pain Brown dreamed he would graduate from Harvard Law School and walk across America. Everyone told him he was crazy. Undeterred, over the next few years, Brown would accomplish both goals. This awe-inspiring story chronicles Brown's journey, both physical and metaphorical, to recalibrate his life. From Boston to Big Sur, from the factory floor to the halls of the Ivy League, this book celebrates determination and courage and offers hope for those who need to reboot their lives. The Morphine Dream will leave you cheering.

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### **Brazilian Cooking Demonstration with Weston's Celebrity Chef Leticia Schwartz**

**Thursday, March 27th 11am-1pm**

**In her home**

**Sign up Required (203) 222-2608**

**Cost: \$8.00**



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### **Healthy Eating to Help Prevent Diabetes**

**Tuesday, April 22nd at 12noon**

**At the Senior Center Sponsored by Ridgefield Visiting Nurse Association and  
the Friends of the Weston Senior Activities Center**



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### **Bus Trip.....**



### **Roosevelt Mansion and Library Tour**

**at Hyde Park**

**Thursday, April 24th**

**Bus will depart Norfield at 8:15am and return at approximately 3:30pm**

**Cost is \$42.00 and includes coach bus, Museum Tickets, and lunch at Copolla's Italian Restaurant. The Friends are co-sponsoring this trip in order to keep the price down. Space is limited to 40 people, sign up required by Tuesday, April 1st. (203) 222-2608.**

**Please call the Senior Center to sign up!!**

Weston Senior Activities  
P.O. Box 1007  
56 Norfield Road  
Weston, CT 06883  
203-222-2608  
[www.westonct.gov/](http://www.westonct.gov/)

Presort Standard  
U.S. POSTAGE  
PAID  
Permit No. 2  
WESTPORT, CT 06880

## *The Greens* AT CANNONDALE

*An Independent/Assisted  
Living Community*

435 Danbury Road, Wilton, CT 06897  
Phone: (203) 761-1191 • Fax: (203) 761-1193  
[www.thegreensatcannondale.com](http://www.thegreensatcannondale.com)



A portion of the cost of printing this newsletter has been paid for through the generosity of The Greens at Cannondale and Wilton Meadows.



### **Senior Tennis Lessons with Glen Englander**

This spring tennis professional Glen Englander will be conducting tennis workshops for seniors. The workshops will be held on Sunday afternoons at the Weston High School Courts by reservation. These classes are designed for those players who want to review some basic fundamentals in a fun and relaxed setting. \$10.00 / Session.

Call the Senior Center for details (203) 222-2608.